

Head Start

Autumn 2018 issue

Crossways Community is a Christian charity based in Tunbridge Wells providing residential care and support for adults with acute mental health issues.

Long hot summer!

The glorious sunshine might have got a bit too hot at times but we made the most of it at Crossways, enjoying some lovely trips out.



Bethel Court had a day out at Bentley Wildfowl Trust, enjoying seeing some exotic wildfowl in the peaceful grounds, and admiring a collection of vintage cars



The annual 9 mile walk along the River Medway was a great success and achievement enjoyed by residents and staff of Culverdale



A group from Moxham House had a lovely holiday in Cornwall

BBC South East Today TV

25th May 2018



Chris, Helen Van Dyk, Sara and Steve

In May we were fortunate to be chosen by the news team at the BBC in Tunbridge Wells to film one of our Year 6 School Training sessions. Chris and Sara delivered a fun-filled lesson about 'coping with stress' with lots of interaction with the pupils. It was very well received and the reporter, Lauren Moss also interviewed Mrs Mallon, the Head Teacher, some pupils and a parent. Crossways runs

these schools training sessions to prepare children at both primary and secondary schools for situations which can lead to mental illness later in life.

If you are interested in Crossways coming to your school, church or workplace to do some training in Mental Health awareness, then please contact Steve at

admin@crosswayscommunity.org.uk

Trustees retire

In June Mary Tuckwell stood down as a Trustee having spent 9 years on the board. Mary has been involved with Crossways' for a number of years and many people have benefitted from her vast experience and the skills which she has contributed with love and enthusiasm. Mary will continue to be involved as a volunteer which we are extremely grateful for.

In September James Thallon stood down after 4 years on the board including one as Chairman. James was a GP at Kingswood surgery for some years prior to that so he is well known at Crossways for his medical expertise and wisdom. We appreciate all the care and time that James has given to Crossways, and say a big 'Thank You' to both Mary and James!



James Maher, John Handley, James Thallon, Eleanor Grey, Mary, Sabrina Lippell, Boris Skulczuk, Nikky Goozee

Flying to pastures new!

I started work at Moxham House in February 2014, over four and a half years ago! Within that time I have been fortunate to work with some amazing people and I have so many happy memories to leave with. Crossways have provided me with countless training opportunities which I am extremely grateful for and I will be using the knowledge and skills that I have developed into my new job as a Therapy Assistant.

This year has been full of personal achievements for me, including a Skydive which I completed in June, raising over £300 for Raystede Animal Centre. That surreal moment of temporarily hanging from the edge of the plane was incredible, a once in a life time experience and one that I encourage many of you to try!

'But those who hope in the Lord will renew their strength. They will soar on wings like eagles; They will run and not grow weary, they will walk and not be faint.'

ISAIAH 40:31



New Staff member Paul Funnell

We welcome Paul to the staff team.

Paul is assisting Keith with handyman duties, having first come to Crossways in his previous employment as a painter/decorator. Paul also has experience of working in a care home, so with his easy going helpful and friendly approach, he is a natural fit into Crossways. In his spare time Paul enjoys fishing and metal detecting.



Paul Funnell

Gold Medal!

Julia Kirk enjoyed a good day competing at the British Adult Gymnastic Championships winning a gold medal and the national title for the Over 50s novice section.



Julia Kirk

More medals!

Charlie and Hope went to a presentation at the Hilton Hotel in Maidstone where they were proud recipients of medals for their contribution to Maidstone Rangers football team.



Charlie and Hope

Bake Off at Moxham House

Several budding bakers got up early to do the Moxham House Bake Off Challenge to raise money for Stand Up for Cancer charity. Judges Penny and Mary were presented with a scrummy array of cakes to judge: swiss roll, marble cake, chocolate cake, scones. After a tense wait while the judges tasted all of them, each judge picked a winner. Charlie for his cheese straws, and Michael for his Victoria Sponge cake. They were both presented with a Bake Off apron and then everyone, for a small donation, joined in with demolishing the cakes. Proceeds amounted to over £70.



Tim baking



Marie baking



Ryan baking



Judge 1 choice – Charlie



Judge 2 choice – Michael

Retirement

This summer Di Manning retired after many years as a faithful member of Crossway's staff team. Staff and residents at Moxham House gathered to present Di with gifts and goodies, to thank her for the abundance of kindness and patience she has always shown, and to wish her well with her future plans.



Di (in the red top) with the Moxham crew

Progress on our building project

The past few months have seen lots of work on our new property at Camden Road in the heart of Tunbridge Wells.

The property has now been physically divided into two properties. 17 Camden Road now contains five high-quality studio flats for residents who are ready for more independent living. Each flat has the latest kitchen and bathroom fittings and some have double height ceilings making them full of light. The first residents are planning their move into Camden Road and are excited about the prospect of a new home in the centre of Tunbridge Wells.

Next door at 19 Camden Road will be our new community café which will be open towards the end of the year. The café is called The Kitchen Table as we want it to be place that is open, warm and homely. The café will be great place for coffee, tea, cake and snacks at affordable prices in a lovely setting. But it will also be a place where people who are feeling vulnerable or alone can find someone to talk to or just be quiet. We will also be able to signpost further help on mental health to those who need it. Finally working in the café will provide some of our residents with valuable experience to help them build greater independence.

The café will be managed by Rosie Willis who has been a support worker at Crossways for a number of years. Rosie has plenty of previous restaurant, catering and retail experience, and together



The original shop front has been moved back to create a new set back café window which will have a new entrance door. It all takes a bit of imagination as inside the café area still looks like a building site!

with her deputy manager has lots of ideas for the café. We are all keen to make it an integral and important part of Tunbridge Wells life. We are now looking to build a team of volunteers to support Rosie in running the café so if you're interested in helping out please get in touch.

There will be an official opening of the café in due course to which you will be invited. As we are unsure when this will be we are not organizing a church carol service this year. We will be doing some carol singing at Crossways so if you would like to join us then please contact us nearer the time for details of dates and times. In the meantime please pray that the residents will settle in well to their new flats and that through the café we will be able to help more people in our community who are struggling with poor mental health.



Wooden flooring in flats



Flat kitchen



Rosie Willis

Supporting the work of Crossways Community

Crossways Community is very dependent on the support of our friends. We greatly appreciate the help that many people give us in our work with people with mental health difficulties. If you feel you can help us or continue to help us in prayer, practically, financially or with your time, please indicate this below. All help, however large or small, is valued.

Title _____ Name _____

Address _____ Postcode _____

Email _____

- ☐ If you would like to become a 'Partner of Crossways' and receive periodic updates for prayer and news of events.
- ☐ I would like to go on the Crossways Mailing List and receive the twice-yearly newsletter
- ☐ I am interested in helping out by:

☐ Yes, I will support Crossways Community in prayer.

☐ Yes, I will support Crossways Community & enclose my cheque for: £ _____

Please indicate whether you wish your cheque to go towards the:

- ☐ General Fund ☐ Mental Health Awareness
- ☐ Crossways Enterprises ☐ Camden Road Project
- ☐ (Any surplus money will go towards the General Fund unless you tick this box)

Please contact us on 01892 543290 if you would like to make a regular gift and receive a Standing Order form.

Gift Aid

If you are a UK taxpayer, you can make your donation even more generous by completing the Declaration below. You must pay an amount of Income Tax and/or Capital Gains Tax at least equal to the tax that the Crossways Community reclaims on your donations in the appropriate tax year. (currently 25p for each £1 you give).

Signed _____ Date _____

Data Protection: Any information you give us will be used for Crossways Community purposes only. We never pass on contact details to any other organisation. If you do not wish to receive further information or news from us please contact us julia.kirk@crosswayscommunity.org.uk or via the contact details on the front page.

Students from the Netherlands visit Crossways

We recently welcomed a group of students from Hoornbeek College in Rotterdam, the Netherlands. Each year as part of their studies in Social Care, the students stay in England for a week with host families and visit various organisations in the area, plus doing a spot of sightseeing. During their annual visit to Crossways we are always impressed with their spoken English, but we still can't speak any Dutch!



Qualifications gained

Congratulations to Ellie Andrews and Jane Johnson who have both completed NVQ Level 5 in Health and Social Care, and to Henry Chapman who has completed Level 4.

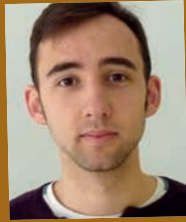
Well done to the residents at Culverdale who all attended training and gained their Fire Safety certificates.



Ellie Andrews



Jane Johnson



Henry Chapman

Work experience

Hi, my name is Matt! I'm a student studying psychology at the University of Bath. Having spent a week previously at Culverdale two years ago, I was fortunate enough to be welcomed back by Ginny and her team to spend a second week on work experience.

In many ways, it feels as though very little has changed about Culverdale since I visited last; the friendly and welcoming atmosphere is as present as it was on my last visit, and it was a pleasure to see all the staff from my last visit again. In other ways, I notice Culverdale has changed a lot; I have had the pleasure of meeting many newer residents for the first time, and have greatly enjoyed listening to their stories. I have had the privilege of spending time with residents in many of the recreational activities organised by the Culverdale team. Art club and guitar club, for example, provided excellent opportunities for residents to socialise while sharing their creativity and passions with one another. A river hike with residents was an excellent opportunity for me to learn more about the residents and their experiences,

as well as for residents to share with each other, while making the most of the summer weather.

It has been interesting to see how Crossways has grown in the past years. There is currently a need in Tunbridge Wells for social spaces with a more inclusive atmosphere. I was impressed to learn that Crossways is working on a solution; the renovation of Pets at Home on Camden Road into a café and apartments for residents shows Crossways' desire to further involve the community in mental health awareness, whilst also providing a welcoming social space available for the whole community. The dedication of the individuals working within this organisation to improve the lives of those in need within our community continues to inspire me.

I would like to thank both the staff and residents at Crossways for the opportunity to spend another week at Crossways; it has once again been a valuable and interesting experience. I'd like to wish both the best of luck for the future!

Matt Steele

CROSSWAYS ACCOMMODATION: ● **Moxham House:** a registered care home providing round-the-clock support for 17 residents.

● **Culverdale:** a supported unit for 22 people. ● **Bethel Court:** 6 self-contained flats for more independent tenants.

CROSSWAYS MENTAL HEALTH AWARENESS: running awareness programmes in schools, businesses, churches and community groups.

CROSSWAYS COMMUNITY ENTERPRISES: Practical work experience, helping combat the exclusion of people with mental health difficulties.